

# Service First Safety Always

Volume 2, Issue 6

June 2005



## Safety Simply Stated

### Message from the City Safety Officer, Mike Alio

June has been designated by the National Safety Council as National Safety Month. The theme for 2005 is "Safety: where we live work and play," and it reflects the need for injury prevention awareness in the workplace, in our homes and communities, and on our roads and highways.

Consider the extent of injuries where we live, work and play:

- § Last year, there were 101,500 unintentional deaths in the U.S.
- § There were 27 million visits to emergency departments for injuries.
- § 20.7 million injuries resulted in temporary or permanent disability.
- § A fatal injury occurs every 5 minutes and a disabling injury occurs every 1.6 seconds.
- § Wage losses, medical expenses, property damage, employer costs, fire losses and other expenses related to unintentional injuries cost Americans an estimated \$607 billion last year. That's equal to \$5,700 for each household in the U.S.

#### Leading causes of unintentional deaths:

Vehicle collisions	44,800
Falls	16,200
Poisoning	13,900
Choking	4,300
Drowning	2,900

Fire/smoke 2,600  
Suffocation 1,200

Fatalities and injuries in the workplace

§ Last year, there were 4,500 workplace fatalities due to unintentional injuries. Motor vehicle collisions accounted for 2,000 of these deaths.

§ 3.4 million American workers suffered disabling injuries.

Work injuries cost Americans \$156 billion. That amounts to \$1,120 per worker.

The NSC's National Safety Month web site <http://www.nsc.org/nsm/> posts recommendations for preventing injuries and deaths in the workplace, in the home and on the road. These risk and tip sheets are available for download at <http://www.nsc.org/nsm/risktip.htm> and are a great resource for safety training and promotion all year long.

Celebrate National Safety Month by making a commitment to do your job as safe as possible. Make a commitment this month by watching out for the safety of your fellow employees. Remember: Service First, Safety Always.

We're participating in



NATIONAL  
SAFETY  
MONTH

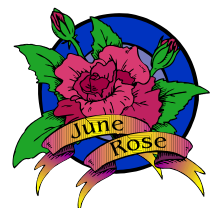
June 2005  
National Safety Council  
[nsc.org/nsm](http://nsc.org/nsm)

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#### Special points of interest:

- June is National Safety Month
- Water Park Safety Tips for Summer months



## 3 ELECTRICAL HAZARDS TO BE AWARE OF

By: Tristina Meche, Safety Specialist



Recent inspections of City properties have found the frequent improper use of extension cords, surge protectors, and junction boxes. Most people do not understand the danger of using these electrical devices and the fire hazards they may potentially cause.

Below is a guide to help understand why certain electrical configurations are not allowed, and some possible solutions.

### Extensions Cords:

Extension cords can overheat and ignite combustible materials in their vicinity. Extension cords are prohibited in the work environment when they are used as a permanent replacement for fixed wiring. In other words, extension cords should never be left under an electrical load at all times. Extension cords are designed for temporary use.

Regulations regarding Extension Cords:

The Uniform Fire Code (Article 85), the National Fire Protection Association (NFPA), and Cal/OSHA (Title 8, section 2500.8) regulate the use of extension cords in workplaces. These standards state:

1. Extension cords are **not to be used as a permanent replacement for fixed wiring**.
2. The amperage or **load** placed on an electrical conductor (the extension cord) cannot be greater than the maximum amperage rating of the conductor.
3. Extension cords **must not be concealed** under or behind materials, especially combustible or conductive materials.

Remember, extension cords may be used, but **only as temporary usage**, such as the temporary use of a VCR/TV, a laptop, vacuum, or a coffee pot for a meeting. The extension cord must be promptly unplugged once the equipment/appliance is no longer in use. If you find that you have an extension cord at your desk or shop, report it to your supervisor for immediate correction. Extension cords that are used in the field setting must also have Ground Fault Circuit Interrupter (GFCI) protection.

### Surge Protectors:

Plugging one surge protector into another surge protector, also known as a daisy chain, is prohibited! The purpose of using a surge protector is to protect equipment from a power surge or spike. To properly protect your equipment, each surge protector must be plugged into an individual outlet.

Situations in which one may find a daisy chain in use could include:

1. Needing a longer cord on the primary surge protector.
2. Additional outlets are needed to plug in all electrical items.
3. Outlets are too close to one another. (i.e. some cell phone charger plugs are large in size, and use one outlet, but will cover up part of adjacent plugs making them unusable.)

The daisy chain method is a false sense of security, as it overloads the electrical and may cause the surge protector to work improperly when needed. A solution to consider is replacing the existing surge protectors with one specifically designed for the needs of the work area - surge protectors come in a variety of shapes, sizes, and cord widths which should suit almost all situations.

### Junction Boxes:

Junction boxes, like space heaters, must be approved by Underwriters Laboratories (UL). Some junction boxes found in City facilities (see page 4) are not UL approved. UL is an independent, not-for-profit company that tests electric and electronic products for safety. If a junction box does not have a UL listing, there is no guarantee that it has components to protect against electrical shock or fire.

*(Continued on Page 4)*

# FLAGGER SAFETY

BY LAURIE BROWNING, SAFETY OFFICER, DEPARTMENT OF PARKS, RECREATION & MARINE



A flagger is a person who provides temporary traffic control when permanent traffic control is not applicable. Because flagging exposes the flagger to traffic, which is also the number one cause of death for highway construction sites, the use of flaggers is usually avoided.

## Flagger abilities

When flaggers are used, they are responsible for public safety and make the greatest number of contacts with the public of all highway workers. For these reasons, they should be trained in safe traffic control practices and public contact techniques. Flaggers should also be able to satisfactorily demonstrate the following abilities:

- Ability to receive and communicate specific instructions clearly, firmly and courteously;
- Ability to move and maneuver quickly in order to avoid danger from errant vehicles;
- Ability to control signaling devices such as paddles and flags in order to provide clear and positive guidance to drivers approaching a temporary traffic control zone in frequently changing situations;
- Ability to understand and apply safe traffic control practices, sometimes in stressful or emergency situations; and
- Ability to recognize dangerous traffic situations and warn workers in sufficient time to avoid injury.

## Flagger apparel

High-visibility safety apparel is critical. OSHA requires that for daytime work flaggers wear a vest, shirt, or jacket that is orange, yellow, strong yellow-green, or fluorescent versions of one of these colors. For nighttime work, similar outside garments shall be retroreflective. The retroreflective material needs to be orange, yellow, white, silver, strong yellow-green, or a fluorescent version of one of these colors. Retroreflective material shall be visible at a minimum distance of 1,000 feet. Also, it is a good practice to wear white pants and a white reflectorized hardhat at night.

## Flagger work practices

Some very important work practices that flaggers should follow are:

- Coordinate with other flaggers and communicate by radio, if they have no visual contact;
- Know how to combat heat and cold exposure, dress appropriately, and know where shelter is available;
- Be alert to symptoms associated with carbon monoxide poisoning from vehicular traffic such as nausea and headache, and if symptoms develop, get fresh air;
- Use proper traffic control devices such as barricades, cones, tubular markers, vertical panels, drums, and barriers to mark areas; and
- Be aware of construction equipment that may approach from behind and use motion detectors, alarms, hardhat mounted mirrors, or a spotter to have adequate warning of such hazards.

## Water Park Safety Tips

By May Jong, Safety Training Coordinator



Few things beat the excitement of a water park on a hot day. Whether shrieking at the splash of a log-flume ride, frolicking in a wave pool, or lounging along a lazy river, water parks are an ideal way for kids and adults to have fun while staying cool.

But, while you're having fun, don't let the water clog your memory about safety. Here are some tips on how to enjoy the water park - safely:

- Make sure each ride has a lifeguard. Teach your children to listen to the lifeguard's instructions.
- Read all posted signs **before** letting your child go on any rides. Rides usually have age, height, weight and health requirements, and water depths that you need to know. Rules differ among rides so pay attention to each one. If you have questions, consult the lifeguard.
- Choose rides that suit your child's swimming ability and age. The wave pool, for example, imitates ocean waves, going from calm to rough. Even an accomplished swimmer can have a problem. Ask the lifeguard how high the waves get. If you do let your child use the wave pool, let him or her not swim out too far and to get out of the water if the waves get too high.
- Teach your child to follow the rules and directions of the park. Rules include walking, not running, and going down water slides feet first and face up (the safe way to use a slide). Parks may also restrict your wardrobe. For example, no cover-ups, T-shirts, or clothing with cords or drawstrings are allowed to be worn over bathing suits when on rides.
- Children who don't know how to swim or aren't advanced swimmers should always wear a Coast Guard-approved life jacket when on any ride.

## 10th Annual CPR Sunday

**Sunday, June 5, 2005**  
**For the Greater Long Beach Area**  
 (Free Parking)  
 Long Beach City College (Liberal Arts Campus)  
 4901 East Carson Street, Long Beach, CA 90808



### A Joint Effort of:

- Long Beach Fire Department
- Seaside Printing Company, Inc.
- American Red Cross
- Long Beach City College

*Learn Cardiopulmonary Resuscitation!*

*All CPR classes may last up to 3 hours.*

*Important: Classes are held outdoors . . .*

*Dress casual, wear comfortable shoes, bring a hat and sunblock.*

\$5.00 at the door

Register online at [www.cprsunday.org](http://www.cprsunday.org) or call

(562) 490-4035 for more information

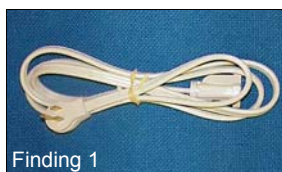
## 3 ELECTRICAL HAZARDS TO BE AWARE OF...CONTINUED

*Continued from Page 2*

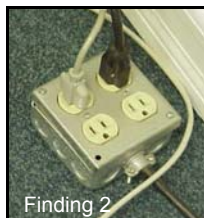
### ~ SOLUTION EXAMPLES ~

#### VIOLATION:

- ☀ Extension Cord in use



- ☀ Junction Box

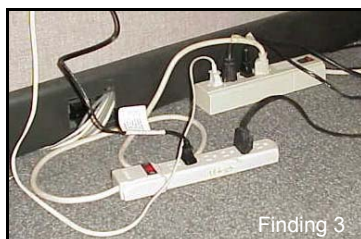


#### POSSIBLE SOLUTION:

- ☀ Extension cords and junction boxes can be replaced with a surge protector to correct the hazard



- ☀ Daisy Chain—a surge protector plugged into another surge protector



- ☀ Surge protector with more outlets, longer cord, or both



## Wound Smarts—Test Your Knowledge of First Aid

**W**ounds, such as cuts and burns are always unexpected. If you were suddenly faced with this type of injury, would you know how to properly take care of it? To test your knowledge of first aid for wounds, answer “True” or “False” to the statements below:

1. The first thing you should do when you get a wound is wash it with soap and water and then bandage it.
2. Bandages should be changed every day, unless your doctor tells you otherwise.
3. A wound heals most quickly when exposed to air or when you put heat on it.
4. When blood from a deep cut soaks through the bandage, you should take off the soaked bandage and put on a clean one.
5. Greasy substances such as butter can soothe a burn.
6. An imbedded object such as a piece of glass or metal should be left in a wound.
7. Signs of an infected wound include swelling, redness, throbbing, pus and fever.



Ouch! Do you know what to do if you are hurt?

Answer to Test your Knowledge on Wound Smarts are on Page 8

## Be Safe, be SAVVY on Health Matters



**W**alking can add years to the lives of people with Type 2 diabetes. Walking briskly (3-4 mph) for about 4 hours a week reduced risk of death by 43% compared with those who walked slowly, and for less time.



A diet rich in vitamin D appears to offer significant protection against colon cancer, according to a study in the *Journal of the American Medical Association*.

Typing on a computer keyboard does not appear to raise the risk of carpal tunnel syndrome, according to a report in the *Journal of the American Medical Association*.



35% of all cancers are related to what you eat, the experts estimate. But a high intake of fruits and vegetables can cut your cancer risk in half.



## Quick Glance Communicating Safety to Top Management



What are the obstacles you encounter when trying to communicate the value of safety to top management?

Safety is considered a cost center.....	46%
Safety is only considered important because of potential OSHA fines.....	41%
Top Management considers injuries a cost of doing business.....	18%
Adequate statistics are not available to convince management of the value of safety.....	18%
Other.....	26%



(Source: Compliance Magazine 2005 Reader Operations Survey)

## Safety Checkup: What You Need to Know About Carbon Monoxide

New findings from a national poll conducted by RoperASW suggest that the first step in protecting your family from accidental carbon monoxide poisoning (CO) may be learning more about the problem.

According to the home-safety study, there are dangerous gaps in awareness about carbon monoxide. The study found that while 43 percent of Americans identify a home fire as an accidental tragedy most likely to cause injury or even death to a family member, many don't know that CO has no detectable smell. That may be one reason why this odorless gas is responsible for more accidental deaths than any other single poison (Journal of the American Medical Association).

Follow these home-safety tips to reduce the threat of accidental CO poisoning, especially during the home-heating season:

- ✓ Keep gas stoves, ranges, and ovens maintained and in working condition.
- ✓ Check your gas furnace and water heater regularly for soot buildup and to see that the pilot light (which should

be mostly yellow in color) is burning properly. When in doubt, have a qualified technician inspect the appliances.

- ✓ Install a screened cap over the top of the chimneys to discourage nest building, which can cause poor ventilation. Before starting a fire, be sure the flue is open and not clogged.
- ✓ Never run your car in an attached garage even with the garage door open.
- ✓ Do not run a generator indoors or in a poorly ventilated area, such as a garage or porch.
- ✓ Install a minimum of one battery-operated CO alarm (or AC-powered alarm with battery backup) outside each sleeping area, and for maximum protection, install at least one CO alarm on each level of your home. Make sure to test them regularly and change the batteries twice a year to ensure they remain in working order.

To learn more about the risk posed by accidental CO poisoning and to take steps to make sure your home safer, visit the First Alert® Home Safety Challenge Website at: [www.homesafetychallenge.com](http://www.homesafetychallenge.com)

## CHOOSING AND USING WORK GLOVES

### *Selecting the Right Protective Hand Wear*

Reprint from Parlay International



Work gloves cannot prevent hand accidents—only safety and conscientious work practices can do that. But, choosing the right work glove for the job can help protect you from unnecessary injury and disability if an accident should occur. When protective handwear is required for the job you perform, make sure the gloves you use fit well, are comfortable to wear, and are rated to guard against the particular hand hazards you face.



The following is a guide to the most common types of protective work gloves and the types of hazards they can guard against.

**Disposable Gloves**—Disposable gloves, usually made of light-weight plastic, can help guard against mild irritants. (These gloves are often used for food-handling operations and commonly used by custodian staff.)

**Fabric Gloves**—Gloves made of cotton or fabric blends are generally used to improve your grip when handling slippery objects. They also help insulate your hands from mild heat or cold.

**Rubber Gloves**—Although commonly called “rubber,” these gloves may actually be made of rubber, neoprene, poly vinyl alcohol or vinyl. These gloves help protect hands from corrosive such as organic acids and petroleum-based products.

**Leather Gloves**— These gloves are used to guard against injuries from sparks or scraping against rough surfaces. They are also used in combination with a insulated liner when working with electricity.



**Metal Mesh Gloves**— These gloves are used to protect your hands from accidental cuts and scratches. They are used most commonly by persons working with cutting tools or other sharp instruments.

**Aluminized Gloves**— Gloves made of aluminized fabric are designed to insulate your hands from intense heat. These gloves are most commonly used by persons working with molten materials.

Your supervisor can help you determine the appropriate protective handwear for your particular job, but only you can make them work— by wearing them.

**Service First**  
*Safety Always*

## June 2005 Citywide Employee Safety Training Schedule

Date	Course	Time	Location
June 2	Asbestos Bldg. Inspector Refresher (4 hrs)	7:30 am—11:30 am	PW/SF Yard, 1601 San Francisco Avenue Training Room
June 8	Forklift (Initial) (8 hrs) Class 4 & 5 	7:15 am—4:15 pm	Water Department, Water Treatment Plant, 2950 Redondo Avenue (Spring & Redondo) Assembly Room NOTE: For Water employees
June 9	Hazwoper Refresher (8 hrs)	8:00 am—4:30 pm	Health Department, 2525 Grand Avenue, Room 204
June 9	First Aid (Module 2) (4 hrs) 2-sessions AM/PM	AM—8:00 am—12 pm PM—12:30 pm—4:30 pm	American Red Cross, 3150 E. 29th Street Classroom 2
June 13— June 15	Hazwoper (24 hrs) 	7:30 am—4:30 pm	Water Department, Water Treatment Plant 2950 Redondo Avenue (Spring & Redondo) Assembly Room NOTE: For Water employees
June 13— June 17 Tentative	Crane Certification (Make-up)	TBD	TBD
June 15	Bloodborne Pathogen (Module 3) (3 hrs)	7:45 am—11:00 am	PW/EDC Classroom, 2929 E. Willow Street
June 15— June 17	Defensive Driver Training (4 hrs) 2-sessions AM/PM	AM—8:00 am—12 pm PM—12:30 pm—4:30 pm	Harbor Department, 925 Harbor Plaza 5th floor Conference Room
June 22	Hazard Categorization (Haz Cat) (8/25) (8 hrs)	8:00 am—5:00 pm	PW SF Yard, 1601 San Francisco Avenue Training Room
June 23	Life Safety (Module 5) (4 hrs) 2-sessions AM/PM	AM—8:00 am—12:00 pm PM—12:30 pm—4:30 pm	PW/EDC Classroom, 2929 E. Willow Street
June 28	Respirator Training (2 hrs) 	1:00 pm—3:00 pm	Health Department, 2525 Grand Avenue, Room 204 NOTE: For DHHS employees
TBD	Tree Trimming (Refresher) (4 hrs)	TBD	TBD

**Service First**  
*Safety Always*

**NOTE:** Course dates and times are subject to change without notice. Please be advised that HR will request a JV charge point from departments who have employees signed up for training and they do not show up for the class. If you have any questions, please contact May Jong, Risk Management @ [may\\_jong@longbeach.gov](mailto:may_jong@longbeach.gov)

## City of Long Beach



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Risk Management, Safety Office  
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## Safety is Everybody's Business

Service First  
*Safety Always*

We are on the web:  
<http://wmirror.ci.long-beach.ca.us:8000/hr/employees/safety/index.htm>

If you are interested in writing an article for our  
monthly Safety newsletter, please contact:  
The City Safety Office at extension 86552.  
We are always open to new ideas and looking  
forward to hearing from you. — Thank you!



## Answers to Wound Smarts—Quiz on First Aid

1. **True.** You might also want to apply iodine or hydrogen peroxide to help prevent infection. But keep in mind that you should use antiseptics such as these only on a fresh wound. Soaking a wound with antiseptic every time you change your bandage kills white blood cells, which help wounds heal.
2. **True.** Changing your bandage every day can help prevent infection. When applying a bandage, be sure that it is not too tight, or it could restrict your circulation.
3. **False.** Air and heat dry out wounds, which slows healing. Use an antibiotic cream or ointment on your wound to prevent it from drying out, and keep it bandaged.
4. **False.** Do not remove a blood-soaked bandage. Instead put a clean bandage over it, and apply more pressure to the wound.
5. **False.** Greasy substances like butter can seal in the heat from a burn, thus they won't relieve the pain. If your burn is minor, hold it under cold water, then apply antibiotic cream or ointment and apply a dry, sterile bandage on it. Be sure to apply the bandage loosely. Covering your burn with a bandage can help keep air out and prevent infection. Keep an eye on the burn for signs of infection.
6. **True.** Don't remove an object from a wound, unless it's a splinter. If you are wounded by an object such as a nail, have your doctor remove it. Your doctor will advise you if a tetanus booster is necessary.
7. **True.** Any wound can become infected if you don't clean it or protect it properly. Infection usually occurs within 24 hours of the injury but can take three to four days to develop, so watch the wound closely.